

# THE CARR *remote* EXPERIENCE

Issue No. VIII



From tips on how to improve your work from home experience, to kitchen hacks, to new music and movie recommendations, we're hoping this week's newsletter brings a smile to your face and provides you and your friends and family new ways to connect during this time.



## WORK FROM HOME TIPS

Working from home in unconventional locations can take a physical toll on your body. [Here](#) are some wallet-friendly ways to make your WFH space more ergonomic and better for your back.

Additionally, make sure to check out the list of [The Best Seat Cushions of 2020](#) to bring comfort to those hard dining room chairs!



## AT HOME LIFE HACKS

Read up on the below avocado hacks, which are sure to be more than you AVO hoped for.

- Did you know you can cut calories and increase healthy fat by [swapping mashed avocado for butter](#) 1:1 in your recipes for cookies, brownies, quick breads, and other baked goods? You'll save a whopping 1,260 calories for each cup of butter you sub, and you'll give your goodies a pretty green hue.
- Learn how to [freeze puréed avocados](#) in ice trays for quick smoothie starters.
- Refrigerate leftover avocados in an airtight container with half of an onion to keep the avocados relatively green and flavorful for up to a day. You can also squeeze a little lemon juice on the open side of the avocado to further delay the oxidation process!



## ENTERTAINMENT

### MUSIC

A [study](#) from 1994 found that listening to music during repetitive tasks helped people complete the tasks more quickly, accurately and with less boredom.

You can find a quarantine playlists for every mood [here](#), or if you're feeling cheeky, you can find a very fitting playlist [here](#), with classics like, "Don't Stand So Close To Me" and "U Can't Touch This."

### MOVIES

Grab the popcorn and click [here](#) to find newly-released movies that are streaming online earlier than anticipated.

Also, did you hear that [ESPN moved up the release of the much-anticipated Michael Jordan documentary](#), *The Last Dance*, which has been in production since 1997?

TO ALL OUR HEALTHCARE HEROES

# THANK YOU

## GOOD NEWS FEED

“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

—Fred Rogers

People from around the world have been showing love and support for the true heroes of this pandemic that are helping us in big and small ways.

### INTERNATIONAL

People across the United Kingdom have taken part in “Clap for Carers” every Thursday at 8PM, saluting NHS staff and other essentials workers dealing with the Coronavirus pandemic.

### WASHINGTON, D.C.

[Lyft](#) is now offering free 30-minute scooter rides to essential workers through April 30.

On Thursday, April 7 at 8PM, Washingtonians clapped for healthcare workers to show their support.

### BOSTON

[#ClapBecauseWeCare](#) is trending in Boston.

For more good news, follow the below accounts on Instagram:

- [Good News Movement](#)
- [Humankind](#)
- [Upworthy](#)



For more information or to submit content ideas, please reach out to Trisha Joyce at [tjoyce@carrprop.com](mailto:tjoyce@carrprop.com).

Additionally, for real-time announcements and updates surrounding the operations and management of your building, [click here](#).